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# • CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 35

January 2, 1940

## DOES A "DRAWN" CHICKEN COST MORE?

Here's a rough rule to use in comparing the cost of dressed and drawn chickens. It comes from CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA.

"A dressed chicken is a bird which has been plucked and bled, but with the entrails, head, and feet unremoved when bought by the consumer," informs the GUIDE.

"A dressed and drawn chicken has had removed the head, feet, and entrails, in addition to being bled and plucked before sale.

"On the average, a drawn chicken weighs about a quarter less than the same-sized bird which has been dressed only. On smaller birds, the difference may be even greater.

"A drawn chicken always costs more per pound than a dressed one, because the consumer does not have to pay for head, feet, and entrails, which are waste.

"To find out whether a drawn chicken is relatively more expensive do this: Multiply the price of a pound of dressed chicken by 4 and divide by 3. If dressed chicken is selling, for instance, at 30 cents a pound, a drawn chicken of the same size and quality and selling for 40 cents would be no more expensive relatively."

## TAKE CARE OF YOUR RUG

Rug labels that give complete directions for cleaning are sometimes hard to find, but here are some tips from CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA, on how to care for your rug.

"Use a vacuum cleaner once a day on traveled areas; give the rug a complete vacuuming once a week. Cleaners equipped with both suction and a brush or beater are most efficient. Carpet sweepers remove only the surface dirt from the rug. Hard sweeping with a broom usually drives more dirt into the rug than it takes out. If you do use a broom, choose one with soft bristles.

"Clean a rug in the direction of the pile. Brush the pile lightly when you have finished so that it will lie all in one direction.

"Never beat a rug; this may snap the fibers and loosen the foundation.

"Shampooing the rug at home--unless the rug is a small one--is also bad practice. Send it to a reliable and experienced professional cleaner.

"So-called 'dust-cleaning' may be injurious to the rug unless done by a reliable dealer who assures you the rug will not be subjected to severe beating."

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## CHECK YOUR STATE LABELING LAWS

It takes more than a law passed by Congress to protect consumers from adulterated and misbranded foods. State laws are important, too, says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA.

"Congress has charged the Food and Drug Administration of the Department of Agriculture to protect consumers against adulterated, unsafe, and misbranded foods that cross over State lines. But Federal food laws reach only products produced in one State and sold in another. State laws, where they exist, cover foods produced and sold in the same State.

"Many food products never leave the State in which they are produced. This is often true of fluid milk, for instance.

"Here's an example of how a State law can be useful to consumers. Chocolate-flavored milk drinks are sometimes made with whole milk and sometimes with skim milk. Skim milk should always sell for much less than whole milk. It is difficult for consumers to know which they are getting, when the product is flavored with chocolate, unless the label or cap tells. A law requiring this information to be given would not only tell consumers what the quality of the product is but would give them some idea whether the price is too high compared with whole milk prices.

"Check up on your State and local laws if you want to know how well protected you are against misbranded and adulterated products made and sold within your State."

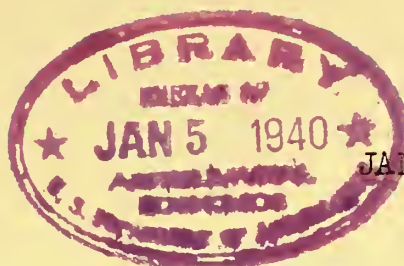




# ● CONSUMER NOTES

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VOLUME II, NUMBER 36



JANUARY 8, 1940.

## HOW TO BUY A GAS OVEN

Take a tape measure along with you when you go to buy a gas oven, advises the Consumers' Counsel Division of the Agricultural Adjustment Administration.

"That's the first step toward making the right selection in an oven, according to researchers at the Nebraska Experiment Station," reports the Counsel.

"To meet the needs of an average-sized family, the oven should measure 16 inches wide, 14 inches high, and 19 inches deep. Families who do an extra large amount of baking and roasting will need an even larger oven, up to 18 inches in width. Of course, smaller ovens will suit the purpose of the small family or the housewife who does very little baking.

"Second pointer to remember is check the number of metal supports that hold the racks in the oven. There should be plenty of these so that the racks may be adjusted whenever necessary.

"Point number 3 is the door. It should fit tightly, with a clamp to shut it securely. That way you will save on gas. It is a fallacy to say the door must be open to ventilate the oven.

"A good oven should heat up to 500 degrees in 15 minutes. If it takes longer than this, it will be expensive to operate. And check on whether the oven will hold 'low heat' when the burner is turned very low. An empty oven should stay as low as 250 degrees F. when its burner is at its lowest point, and should not go above that. Also, the oven should heat evenly -- with no more than 10 degrees difference anywhere in the oven, center, top, bottom, or sides.

"Good insulation is important in holding the oven at an even, constant temperature. It takes longer to heat up, but will also hold a high temperature with very little heat. The insulation should be at least an inch and a quarter thick, should be loosely packed but firm, and for best results should be either glass wool or rock wool in blanket form.

"Finally, look for an automatic heat control. And check this with your thermometer to be sure it is accurate."

## KEEP THIS TABLE IN YOUR KITCHEN

"You have to know how many pounds of unshelled nuts it takes to make a pound of the shelled kernels before you can decide which is cheaper to buy," declares the Consumers' Counsel Division of the AAA. "Then you compare the cost of a pound of the shelled nuts with what it would cost to get the same quantity of kernels in the shell.

"Here's a table compiled by the Department of Agriculture that gives this information:

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	<u>In the shell</u>	<u>Shelled</u>
Almonds	3-1/2 pounds	1 pound (3-1/2 cups)
Filberts	2-1/4 "	1 " (3-1/2 ")
Peanuts	1-1/2 "	1 " (3 to 3-1/2 cups)
Pecans	2-1/2 "	1 " (3-1/2 cups)
Walnuts, eastern black	5-1/2 "	1 " (3 cups broken; 4 cups halves)
Walnuts, Persian (English)	2-1/2 "	1 " (4 cups halves)

Suppose unshelled pecans cost 20 cents a pound and the shelled kernels, 60 cents a pound. Since it takes 2-1/2 pounds of the unshelled nuts to make a pound shelled, you would be saving 10 cents by purchasing the nuts in the shell."

#### HOW TO CLEAN PAINTED FLOORS

Glue and water -- not soap and water -- is the best way to clean painted floors, reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA.

"Workers at the Rhode Island Experiment Station experimented with treatments for painted wood floors and came to that conclusion," says the GUIDE. "However, this treatment should be used only for painted floors that are unwaxed.

"The way to clean the floor is this. Buy powdered glue at your hardware or paint store. You will need a half pound of the glue for a medium-sized room.

"Make the glue-and-water solution just as you would make a gelatin dessert. First, add a cup or so of cold water to the half pound of powdered glue, and let it stand overnight to soak up.

"In the morning add boiling water to the mixture to make two quarts of liquid. Then boil the solution about 10 minutes, stirring it as it boils.

"When washing the painted floor you will need a cup of this thick glue for each pan of water. Apply the liquid to the painted floor, or painted walls or woodwork with a cloth or sponge dipped in the solution. You don't have to rinse the surface after cleaning. The glue does the double job of cleaning the paint and leaving a gloss.

"If the thick solution of glue hardens, simply add hot water and reheat to soften it.

"The advantage of this treatment over soap and water is that soap and water dulls and gradually destroys the paint finish."



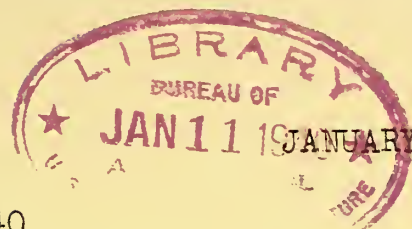


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VOLUME II, NUMBER 37

CONSUMER RESOLUTIONS FOR 1940



JANUARY 15, 1940.

Here are some resolutions for consumers who want to start off the new year right. They come from the Consumers' Counsel Division of the Agricultural Adjustment Administration.

"1. Buy meats with the Government quality grade mark on them. If you can't get Government-graded meats in your neighborhood, keep asking for them until you can.

"2. Watch your weights and measures. Be sure to keep your eye on the scale pointer whenever you buy anything by weight. And on packaged goods, look for the net weight printed on the label. If you think you are being short weighted report it to your local or State weights and measures official.

"3. Buy Government graded canned fruits and vegetables. Look for the grade mark A, B, or C on the label, and buy the grade that fits your needs and pocketbook.

"4. Learn all about the new Food, Drug, and Cosmetic Act which goes into force this year. Write the Consumers' Counsel Division, Department of Agriculture, Washington, D. C., for a copy of the act. Learn how you are protected by its provisions.

"5. Get together with farmers' groups to see whether the cost of milk to consumers can be cut in your community. Help to get more milk to children everywhere. This will help your farmer-neighbors as well as yourself.

## FOOD VALUE OF MARGARINE AND BUTTER

People often ask whether there is any difference in the food value of margarine and butter. Here is what the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA says about it.

"Margarine and butter are both predominantly fats. Under Federal laws butter must contain at least 80 percent butterfat, and under Federal regulations margarine must contain 80 percent fat.

"Now fats are high-calorie foods which are important in the diet because they are a rich source of energy. They rank above any other kind of food in fuel or energy value. A pound of butter, or margarine, for example, furnishes about 3,400 calories.

"For energy purposes, there is little to choose between the various kinds of pure fat. They are all, more or less, equally digestible, and equally rich in fuel value.

"However, since neither butter nor margarine is all fat, there are differences between them.

"Apart from the fact that people eat butter because they like it, its consistency is desirable as a bread spread. Further, butter contains 2 important vitamins, A and D. The

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amount of these vitamins in butter depends upon the diet of the cows that produced the milk from which the butter was made. Thus the Vitamin-A content of butter may range all the way from about 1,400 International Units per pound up to 27,000 International Units per pound. The Vitamin-D content of the butter depends upon how much sun and also on the kind of food the cows get.

"Margarine's value as a source of vitamins depends upon its ingredients. Animal-fat margarines containing a substantial proportion of oleo oil may have some Vitamin-A value. Under a ruling of the Meat Inspection Service animal-fat margarines are not permitted to be fortified with vitamins.

"Margarines churned in whole milk, whether made from animal or vegetable fats, have such Vitamin-A value as the milk contributes.

"Vegetable oils used in margarine manufacture do not contain Vitamins A and D. However, manufacturers of some vegetable margarines fortify their products with vitamin concentrates.

"A pound of the fortified margarine provides at least 7,500 International Units of Vitamin A, the amount in a pound of so-called 'average' butter. Such margarine also contains some Vitamin D. To find out whether or not a margarine is fortified, read the label.

"Obviously, if butter and margarine were the only sources of these vitamins, either butter or the fortified vegetable margarines would be essential in the diet.

"Actually, however, no one expects either butter or margarine to meet his day's needs for Vitamins A and D.

"Freedom from the ailments which come from deficiencies of these two vitamins cannot be assured whether you eat margarine or butter, or both. Your state of nutrition is determined by your entire diet. The best safeguard is a well-rounded diet."

#### REMOVING SCORCHED FOOD FROM PANS

Bureau of Home Economics experts suggest this treatment for food burned on an enamel pan, reports the Consumers' Counsel Division of the AAA.

"Cover the bottom of the pan with warm soap suds containing a little washing soda. After it has soaked overnight, boil the soapy water in the pan slowly. Then pour off the water and gently scrape off the loose scorched food, preferably with a spoon.

"If the pan is enamelware, don't use anything sharp or harsh for scraping; it may damage the finish.

"If the food still doesn't come off, rub it slowly with a steel wool or fine scouring powder until all the stain is removed."





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JANUARY 22, 1940

## WHAT'S A PERFECT THIRTY-SIX?

Experts in the Department of Agriculture are putting the yardstick to America's women and when they get through they will have a scientific measure picture of the perfect 36, reports the Consumers' Counsel Division of the AAA.

It's all part of a study by the Bureau of Home Economics to get at accurate figures on which to base standard sizes for women's clothes.

Every woman knows that 2 different garments can be labeled the same size and yet one may be too large and the other too small. This is because there are no scientific standards for clothes sizes.

Now the Bureau of Home Economics is measuring 80,000 women in all parts of the country preliminary to setting up standards for each size. Fifty-eight measurements are taken of each woman by trained workers using scientific measuring instruments.

The work is being done under WPA projects in 7 States--Arkansas, California, Illinois, Maryland, New Jersey, North Carolina, Pennsylvania--and the District of Columbia. Cooperating are State universities and other agencies. Only women who volunteer are measured.

Standardizing sizes, it is hoped, will benefit manufacturers as well as women consumers, cutting down the cost of alterations and returned goods.

## THESE FOODS ARE ON THE SURPLUS LIST

You can save on your food budget if you keep posted on the foods designated by the Federal government as "surplus," declares the Consumers' Counsel Division of the AAA.

"These foods are found by Government experts to be so plentiful as to warrant their distribution to relief families by the Federal Surplus Commodities Corporation. Non-relief consumers should find these foods cheap, since such surplus supplies beat down on prices all along the line.

"Foods on the list during January include butter, eggs, apples, fresh pears, oranges, grapefruit, raisins, dried prunes, dry beans, rice, onions, wheat flour, whole wheat flour, corn meal, hominy grits, and pork products, including lard."

## ORANGE SEASON GETS UNDER WAY

"If you like orange juice, don't pay too much attention to the outside appearance of the fruit," recommends the Consumers' Counsel Division of the AAA. Russet spots or small scars on the skin have no effect on the flavor or the amount of juice you can get. The thing to look for is a smooth-skinned orange--and the heavier it is, the better.

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"Right now the juice oranges on the market are the 'Pineapple' oranges. Later on, in the spring, both from Florida and from California, there will be abundant quantities of Valencias.

"For eating and dessert or salad purposes, you want an orange that is easy to peel and to divide into sections. Navel oranges--most of them from California--meet this purpose. And there are also the Temples and the Mandarin type oranges--such as tangerines.

"Generally, good oranges are heavy for their size, have fairly smooth skins, are firm, have no soft spots, and are not puffy, spongy or wilted. A few varieties have a rough exterior, yet are good on the inside.

"Oranges bought in bulk often come cheaper, but be sure to examine these carefully before you buy."

#### SHINING THE FAMILY SILVER

Want to try a new way to clean silver? Here's one suggested by scientists in the Bureau of Agricultural Chemistry and Engineering, U. S. Department of Agriculture.

"Shine up an aluminum pan with fine steel wool, and fill it two-thirds full of water. For each quart of water, add a teaspoon of salt and a teaspoon of baking soda. Then boil the water.

"When it begins to boil, place your tarnished silver in the pan, being sure that each piece either touches the pan or another piece of silver in contact with the aluminum. Keep the silver in the solution for no more than 2 minutes until the tarnish comes off, then lift it out with tongs, wash it in soap suds, rinse, and dry. A treatment with silver polish will add shine to the silver.

"Remember these 'don'ts' if you try this treatment: Don't use the treatment for silver knives with hollow handles; the handles may come off in boiling water. Don't keep the silver more than a few minutes in the hot solution. And be sure to thoroughly wash and rinse the silver after cleaning."





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VOLUME II, NUMBER 39

JANUARY 29, 1940.

## LOOK AT THE LABEL

A red-letter day for consumers was January 1, 1940.

"That was the day when many of the label provisions of the new Food, Drug, and Cosmetic Act went into effect," reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the AAA.

"Today, if a food conforms to a standard of identity set by the Secretary of Agriculture, it must be so labeled. Where no standard of identity has been issued for a food, and the product contains more than a single ingredient, the label must declare the name -- but not the quantity -- of each ingredient.

"Special dietary foods, sold chiefly for children and invalids, will be required to carry informative labels to tell purchasers just what mineral and vitamin and other dietary properties they contain when regulations covering such products are issued.

"Artificial flavoring and coloring and chemical preservatives must be declared on food labels. Exception is made for artificial coloring in butter, cheese, and ice cream.

"In the case of drugs, products that conform to standards of identity set by such authoritative books as the U. S. Pharmacopoeia must be labeled as prescribed by such authority. Where no standard of identity has been issued, and the product contains more than a single ingredient, the label must declare the name -- but not the quantity -- of each ingredient. Certain ingredients in drugs, such as alcohol and bromides, must have their exact quantity stated on the label.

"Drug labels must also tell how drugs should be used, and whether they may be dangerous in any way. If drugs might deteriorate, there must be a statement about this, together with a warning.

"Provisions such as these are designed to protect consumers. But they can be effective only if consumers learn to read the label carefully before they buy."

## TIPS ON SHINING METALWARE

Whether it's copper, brass, aluminum, or pewter, you can make metalware shine with just a little rubbing -- if you know what to scour with.

The Consumers' Counsel Division of the AAA reports that Department of Agriculture chemists recommend this way to give metalware a new gleam:

"Brass and Copper: Make a solution of hot vinegar and salt. Rub the hot solution over the metal, then wash the metal in hot soapy water. Rinse with hot clear water, and dry thoroughly. For a high polish shine with fine chalk powder made into a paste with water. Or scour with

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powdered rottenstone and oil. After polishing, wash, rinse, and dry.

"Fine chalk powder -- called whiting -- can be purchased at drug stores, while rottenstone is sold at paint stores.

"Aluminum: Can be brightened up with a mild acid, usually vinegar. Don't use scouring powder on aluminum; a very fine steel wool is better.

"Pewter: Because it is soft, it scratches and dents easily. Use only whiting paste to scour it, then wash in hot soapy water. Rinse and dry thoroughly."

#### THIS WILL SAVE YOU MONEY ON MEAT

There is little difference -- if any -- in the food value of lean meat, from the cheapest cut to the most expensive, according to the Consumers' Counsel Division of the AAA.

"Knowing how the costs of the cheaper cuts compare with the price of more expensive lean meat can mean practical economizing on your budget.

"For example, for every \$1 which New York consumers spend for the lean meat in a Good-Grade steer porterhouse steak, they can get for the same money an average of this much more lean meat from the following cuts:

"From one-third to one-half more:

Sirloin steak  
Chuck roast  
Rib roast (first 6 ribs)

"From one-half more to twice as much:

Top sirloin  
Boneless rump  
Bottom round  
Top round  
Blade roast

"From 2 to 2-1/2 times as much:

Corner piece  
Clod or cross rib  
Flank  
Brisket (bone in)

"More than 3 times as much:

Thick plate  
Navel

"Thick cuts usually require long and careful cooking. The U. S. Bureau of Home Economics, Washington, D. C., will tell you how to cook to get the best results."

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VOLUME II, NUMBER 40

## A TEST FOR WOOL

Use your kitchen as a laboratory if you want to find out whether an "all-wool" fabric is really all wool.

"Bureau of Home Economics experts have devised two simple tests for wool," reports the Consumers' Counsel Division of the Department of Agriculture.

"First, they say, try the burning test. Touch a match to a small piece of the fabric. If it is all-wool, it will smoulder and give off a disagreeable, acrid odor, like that of burning hair. The crisp ash will ball up along the edge into an irregularly shaped mass. If there are other fibers present, the fabric will not burn in this manner.

"Another test will tell you more accurately if there is cotton, linen, or rayon present in the fabric. Boil a sample of the fabric for 15 minutes in a solution of 1 tablespoon of lye to 1 pint of water. The wool will dissolve in this solution, leaving whatever cotton, rayon, or linen that may be present. This test won't work for silk and wool mixtures, since the silk will dissolve also.

"Consumers must rely on the label to tell whether such fibers as mohair, camel's hair, or alpaca are mixed with the wool.

"Best labels tell the exact percentage of wool and other fibers present in a fabric."

## GETTING WARMTH IN A COAT

Remember that the heaviest coat is not necessarily the warmest, says the Consumers' Counsel Division of the Department of Agriculture.

"If you are shopping for a warm winter coat, look for a close-woven fabric with a good insulating interlining. Wool interlinings are warm without being bulky, while the new chamois-like material serves as a windbreaker and is intended for cold climates. Bulkier and heavier than either of these is quilted wool, but it is also warmer.

"Other warmth features to look for in a coat are a button-up neck, sleeves that fit close to the wrist, a wide front lap, and convenient fastenings to keep the coat from blowing open.

"The coat fabric should be closely woven, and if made of wool, it should feel alive and springy when crumpled in the hand. The label should tell you the exact percentage of wool and other fibers in the fabric.

"If you want more hints on buying a coat, write for the U. S. Department of Agriculture Leaflet 117, called 'When a Woman Buys a Coat.' It can be bought for 10 cents from the Superintendent of Documents, Washington, D. C."

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## WHEN YOU BUY SPICES

"It is a far-sighted economy to buy good quality spices," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "Some spices of poor quality, such as a low grade of cinnamon, are practically flavorless.

"To keep the flavor of spices over a long period of time, be sure to close the container tightly every time you use it.

"Government standards for spices require that they be clean, sound, and true to name, and that no portion of their volatile oil, which gives them their flavor, be removed. The Food and Drug Administration is on guard to see that ground shells, or exhausted spices -- spices from which the essential oil has been removed -- have not been added to the pepper, ginger, cloves, and other spices you buy.

"While chemical analysis is needed to test the purity of spices, a consumer selecting them would do well both to taste and to smell them to judge their potency.

"Spices come in many different sizes of containers. Be sure to look for the net weight on the label, to see how much you get in each size."

## REMOVING GRAVY STAINS FROM RUGS

First aid for your rug when gravy is spilled on it calls for fast action.

"If you can get at the stain immediately, Bureau of Home Economics experts suggest this treatment," reports the Consumers' Counsel Division of the Department of Agriculture. "Pour Fuller's earth, or cornmeal, or some other absorbent powder over the stain. This will absorb the liquid from the rug. Then brush off the powder.

"Any stain remaining can be removed by sponging with water, or with a liquid cleaner guaranteed to remove grease spots.

"For an old stain, a different treatment is needed. First scrape or brush off any of the gravy that has dried on the surface of the rug. Then sponge the spot with cleaning fluid to remove the grease. Sponge the stain several times with a cloth dampened in thick cool soapsuds, and finally go over it with a cloth wrung out of clear warm water to take up all the soap.

"After the spot has dried, brush the rug with a soft brush. The rule to remember is to never soak a rug with water or cleaning preparation. This may get rid of the spot, but it may also leave a permanent ring."





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VOLUME II, NUMBER 41

WHEN YOU DYE FABRICS



FEBRUARY 12, 1940.

Success in dyeing depends not so much on the type of dye you use as on how well you follow directions.

That's the advice of experts in the Bureau of Home Economics, as reported by the Consumers' Counsel Division of the Department of Agriculture.

"Good results in dyeing can be secured with powder, cake, or liquid dye, according to these experts," declares the Counsel. "But to secure an even color with powdered and cake dye, and to avoid streaks, dissolve these types of dyes in water and strain them through cloth before you add them to the dye bath.

"Read the label very carefully when you purchase the dye. Some dyes are fast to silk and wool, but not to other fabrics. Some are fast to washing but not to sunlight or perspiration. Generally, fibers like wool and pure silk dye better than cotton, linen or rayon. Worst risks are weighted or filled silks, and fabrics faded and streaked by sunshine. Choose the type of dye that is best suited to your needs.

"Before you dye a garment, read the directions and follow them to the T. Remove all trimmings, and buttons from the garment and rip out hems, pleats, and linings so the dye can penetrate evenly. Spots and stains should be removed, and the fabric thoroughly washed and rinsed before dyeing. Starch, sizing, or filling should be washed out of new fabrics.

"When dyeing, use plenty of water -- preferably soft; keep the garment in constant motion by stirring, and be sure no part of the fabric remains at the top or bottom of the solution.

"Finally, remember that tints, used in cool water, will not color a fabric permanently, as will a dye."

## TAKE CARE OF YOUR HAT

"Women's hats have a shorter life than men's, statistics indicate, but there are ways to add to the life span of a felt hat," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Felt hats should be brushed before they are put on, but the brushing should be done with a brush made of hair and not with a whisk broom. The brushing should also be in the direction of the nap from left to right. Try a dry rubber sponge to take out spots. When felt hats get wet all the creases and folds should be pushed out and the hat should be placed on a table to dry. It should not be placed near a radiator or in a closet that is overheated. When it is finally dry, the hat can be pushed back into shape easily.

"Many felt hats can be made to last for a second season. Fur felts particularly can be reblocked into practically a pristine freshness. Wool felts, on the other hand, are harder to revive by reblocking."

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## PORK SHOULD BE THOROUGHLY COOKED

Did you ever hear of Trichinella spiralis? If you haven't, you should.

"Tricinella spiralis is a tiny parasite, so small it is visible only under the microscope, that lives in uncooked pork and when eaten may cause a disease known as trichinosis," informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Only a very few hogs are infested with the parasites and even these infested hogs present no danger if their meat is thoroughly cooked," writes the GUIDE.

"The thing for the housewife to remember is to cook all pork and pork products until they are well done. Well-cooked pork need worry no one.

"Certain pork products of the kind customarily eaten without cooking undergo a process in Federally-inspected establishments which destroys the trichinae. Prime rule for pork buyers -- in fact for buyers of every kind of fresh meat -- is to look for the round purple stamp that shows the meat has been inspected by the Federal Government, and to insist that all pork products, especially of the kind that are eaten without additional cooking, carry the round purple stamp indicating Federal inspection or a State or city stamp symbolizing equally thorough inspection. But remember that this stamp on uncooked pork does not mean the meat is free of the parasite. Your best guarantee here is to cook the meat thoroughly.

"The Bureau of Home Economics suggests these rules to test doneness in chops and loin roasts: Make a small incision next to the bone as well as in the thicker part of the meat. In the case of hams a meat thermometer stuck into the thickest part of the meat will tell when the meat is well done. Lacking a thermometer, consumers are advised to cook hams and other large cuts of pork thirty minutes to the pound. Frozen meat, the experts add, takes even longer to cook than the unfrozen variety."

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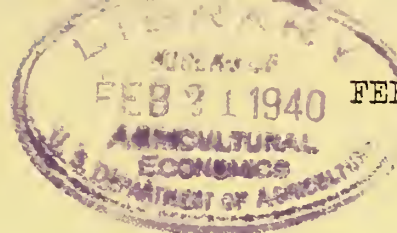




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VOLUME II, NUMBER 42



FEBRUARY 19, 1940.

## "THE A B C's OF BUYING"

Eight little lessons on getting your money's worth are listed in a new leaflet of the Consumers' Counsel Division, Department of Agriculture, to help consumers solve their buying problems through group discussion.

"Consumer interest in the 8 questions centers around the basic problem of consumers: How to raise their standard of living through the wise use of their individual and group buying power," states this leaflet. "No attempt has been made to suggest plans for a comprehensive discussion of this problem or of ways of solving it. The material presented is designed simply to direct attention to some of the everyday problems that consumers as individual buyers, and as a group, encounter."

Prepared in answer to the requests of many consumers, the leaflet suggests ways of discussing many of the simple everyday buying questions that are common to all consumers. "Do you get all that you pay for?" is one question. "What price do you pay?" is another. "Do you get your money's worth?" is a third -- designed to help consumers judge for themselves whether they are getting quality for their dollar.

The questions are intended for small group discussion among neighbors, friends, or clubs. But individual families too can undertake the simple "assignments" suggested and answer some of their own questions concerning price and quality.

Copies of the leaflet, "A B C's of Buying," are free, and can be secured simply by sending a card with your name and address to the Consumers' Counsel Division, Department of Agriculture, Washington, D. C.

## WINDOW-WASHING IN WINTER

Washing windows in freezing weather may give you an ice-coated glass if you use just plain soap and water. But chemists in the Department of Agriculture have solved the problem of keeping your windows clean during the winter, reports the Consumers' Counsel Division of the Department.

"Whiting paste is the best cleaner when the thermometer falls below the freezing point," informs the Counsel. There is very little moisture in the paste, and this evaporates before it can freeze leaving only the dry paste which you can wipe off with a cloth.

"Whiting paste is nothing more than powdered chalk and can be bought in drug stores.

"For mirrors and for glass over pictures, whiting paste is also recommended. Just as good for these purposes is a fine chemical scouring powder mixed with a little water or alcohol to make a paste.

"If you wash mirrors with water, be careful not to damage the quicksilver by getting the back of the mirror wet."

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## TIPS ON MEN'S SHIRTS

Pick out the pins and spread out a new shirt to examine it carefully before you buy, advises the Consumers' Counsel Division of the Department of Agriculture.

"Bureau of Home Economics' experts have found that it is almost impossible to tell shirt quality unless you can look over the whole shirt thoroughly," says the Counsel.

"First point to check on is the size of the shirt. Usually the neck size and the sleeve length are printed plainly on the collar band. The sleeve length may be '32,' or '33,' etc., indicating its length in inches. You can check this size by measuring the sleeve yourself from the center of the back yoke at the neck to the edge of the cuff. The correct measure of the wearer's arm is the number of inches from the prominent bone at the back of the neck to the wrist bone, with the arm extended out at the side.

"Be sure the sleeve fullness at the cuff is neatly distributed at the back of the cuff, and is not bunched or uneven; the sleeve placket itself should open wide enough to be ironed flat, while a button midway of the placket makes for neatness.

"Cut of the back should be full and should not be subjected to strain with strenuous movement. Pleats for fullness placed at the middle of the back are almost useless; the pleats should be over the shoulder blades.

"Not even shirts that have been put through a shrinkage process can be guaranteed against further shrinkage. Look on the label of the shirt for a shrinkage guarantee. Under Federal Trade Commission rules, cotton shirts guaranteed against shrinking must tell the consumer the maximum percentage shrink that can be expected. For example, the label might read: Guaranteed not to shrink more than 2 percent.'

"More tips on buying shirts are in a Department of Agriculture bulletin, 'Cotton Shirts for Men and Boys.' Copies are available free from the Department of Agriculture, Washington, D. C., while they last."

## INCREASE THE LIFE OF YOUR RUG

You can add to the life line of your rug if you shift it around every half year or so, writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

Here's what the GUIDE says: "Laying a rug on the floor and leaving it in the same position forever after may soon give you a rug that is as good as new in some spots and worn to the floor in others. Obviously the amount of 'traffic' on the rug is heavy at entrances, or near a dining table, or around a chair that is the family favorite. Soon, in these places, the pile begins to crush or streak, and it isn't very long before wear begins to show.

"To avoid this, 'balance' the wear on the rug by shifting it around every 6 months so that all sections of the rug have a turn at the more traveled parts of the room. In this way, you may get many more years of wear out of the rug."





# • CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 43



February 26, 1940

## THERE'S MORE SAFETY NOW FOR CONSUMERS OF NEW DRUGS

"Gone are the days when a drug manufacturer could rush into the market with a new drug that had not been sufficiently tested and for which he claimed unprovable powers," reports the Consumers' Counsel of the Department of Agriculture.

"When Congress passed the new Food, Drug, and Cosmetic Act in 1938, it clamped its foot down on that kind of business, which ended tragically in 1937 in the deaths of over 70 people from one new drug which had not been adequately tested.

"Under the new Act, nobody can try to sell a new drug in interstate commerce unless he has filed an application first with the Secretary of Agriculture.

"In such an application, he must tell the Secretary everything that's contained in the new product; exactly how he proposes to control the manufacture, processing, and packing of the drug; what investigations have been made to show whether the drug is safe to use. Also, he must give the Secretary samples of the labels he proposes using.

"The Secretary must be convinced that the new drug has been tested sufficiently to show that it will not injure the individual who follows the label directions before he will permit the application to become effective.

"Recently a chemical firm made application on behalf of an important new drug. Food and Drug experts went to work on it immediately. Before the drug was allowed to go to market, they had reviewed more than 2,000 cases reported by over 100 doctors who had tested it.

"Protection like this should mean fewer deaths chalked up against the scramble for sales."

## NOTES FOR SPRING PAINTERS

If Spring brings the urge, get busy and repaint your house or garage, then make a note of these painting rules set down by the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Renew the paint surface with the same type of paint originally used. Exceptions to this hard and fast rule should be made only when your own experience shows that one kind of paint goes over another kind satisfactorily. Otherwise, you will have trouble getting the surface to take the new coat properly.

"To make sure that you do not waste your money, make a note of the formulas of the paints you use so that when you go buying again, you can duplicate your original purchase.

"Experts in the United States Forest Service who have studied more than 500 cases of unsatisfactory paint service within the last few years learned that most paint failures

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that are caused by faulty application or maintenance come from (1) the painter's ignorance of the kind of paint he is using, (2) the failure to time painting in accordance with the kind of paint used, and (3) from using different kinds of paint for successive paint jobs.

"Careful study of paint formulas on paint cans, and the keeping of careful records as to the date of each paint job and kind of paint used can help consumers reduce these failures.

"Consumers, however, will find their problems greatly simplified when a simple and practical method of classifying and grading paints is adopted by paint manufacturers."

#### COLOR - CHANGES IN BEEF

Beef that turns from a dark red to a very bright red after it is cut does so because of exposure to air, not because of any change in quality, reports the Consumers' Counsel Division of the Department of Agriculture.

"Here is what experts in the Bureau of Animal Industry of the Department of Agriculture say about the color of beef:

"Normally, when beef is cut, it tends to be rather dark. It brightens up on exposure to air. Beef takes about 30 minutes in the air to take on its maximum red color. After this first change in color, meat gradually becomes darker as it is stored in the refrigerator.

"Aside from these normal changes in color, occasionally you find what is called 'dark-cutting' beef. Such beef brightens little or not at all after cutting. Research workers are trying to find the cause of this 'dark-cutting' beef."





VOLUME II, NUMBER 44



March 4, 1940.

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## SWAT THE HOUSEFLY

"Watch for the first fly that lights on your cuff in early spring," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "It's a timely reminder of the pesky generations to come unless you and your community do something about ferreting out and eliminating breeding places for flies.

"A general cleanup campaign of all accumulations of refuse and rubbish is essential, and this campaign must be followed by constant vigilance over the cleanliness of house, barn, yard, alley and street. Two important steps towards fly elimination are taken when garbage is speedily and efficiently disposed of and the regulations on the care of stables and receptacles for manure are enforced.

"First protection against flies in the house is screening all doors and windows, at least on the first floor. Screens should fit tightly, and meshes of the screen should be small--about 16 to the inch. Screens made of copper cost more than those that are painted or made of galvanized wire, but they last longer. Painted screens should be repainted each year.

"Always cover food to shield it against flies. Likewise, exposed food in markets and groceries should be covered.

"Poison solutions to lure the fly are simple to make and are effective. One good solution can be made by mixing 3 teaspoonfuls of commercial formalin with a pint of milk or water, sweetened with a little brown sugar. Place this in saucers around the room. Another method is to place a piece of bread soaked in the solution on a saucer and leave it on a window sill. Though it is not a dangerous poison, it is wise to keep the solution out of the reach of young children.

"Commercial insect poisons may be effective, but those containing arsenic should be kept out of the reach of children.

"Sprays are effective only if they hit the flies. A good spray can be made at home by soaking 1-1/2 pounds of pyrethrum flowers in a gallon of kerosene for 2 days, then straining off the liquid. Keep the solution away from flames.

More information about attacking the fly problem is in the Department of Agriculture bulletin, "The Housefly and How to Suppress it," available for 5 cents from the Superintendent of Documents, Washington, D. C.

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# THE CONSUMER WONDERLAND OF CANNED GOODS

A Washington consumer walked into a grocery store one day and asked for one can or bottle each of every brand and size of canned tomato juice sold in that store.

When she had completed her purchase she found that she had 17 cans and 4 bottles of tomato juice, all different brands or different sizes, and selling at 15 different prices. Here's how they stacked up in size and price.:

## TOMATO JUICE -- SIZES AND PRICES

(In one Washington store one day in May 1939)

No.	Size*	Fluid Volume	Price	Price per 10 oz.
1	211x315	10 $\frac{1}{4}$ oz.	2 for 9¢	4.4¢
2	211x411	12 oz.	7¢	5.8¢
3	211x413	12 oz.	7¢	5.8¢
4	211x414	12 $\frac{1}{2}$ oz.	3 for 25¢	6.7¢
5	300x407	14 oz.	7¢	5.0¢
6	300x407	14 oz.	2 for 17¢	6.1¢
7	300x408	14 oz.	3 for 19¢	4.5¢
8	Bottle	1 pt.	12¢	7.5¢
9	303x509	1 pt. 4 oz.	2 for 17¢	4.2¢
10	307x512	1 pt. 8 oz.	10¢	4.2¢
11	307x512	1 pt. 8 oz.	8¢	3.3¢
12	Bottle	1 pt. 10 oz.	17¢	6.5¢
13	Bottle	1 qt.	21¢	6.6¢
14	404x615	1 qt. 14 oz.	21¢	4.6¢
15	404x708	1 qt. 18 oz.	19¢	3.8¢
16	502x505	1 qt. 18 oz.	25¢	5.0¢
17	502x505	1 qt. 18 oz.	22¢	4.4¢
18	502x510	1 qt. 20 oz.	25¢	4.8¢
19	Bottle	2 qt.	27¢	4.2¢
20	603x700	3 qt.	39¢	4.1¢
21	603x700	3 qts. 3 oz.	39¢	3.9¢

(\* 211x315 means a can 2-11/16 inches in diameter and 3-15/16 inches in height, outside measurements.)

Do you know what you pay per ounce for the tomato juice you buy? How does that cost compare with kinds sold in your stores?







Do you have any ideas on what does go into margarine, bread, or canned fruits for salad and fruit cocktail? If you do, the Food and Drug Administration of the Department of Agriculture would like to hear about them.

"These foods are next on the list of products which for the first time are to have legal definitions and standards of identity," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Already, under provisions of the Food, Drug, and Cosmetic Act of 1938, definitions have been worked out for canned tomatoes and tomato paste, tomato catsup, and tomato juice; frozen and dried eggs, egg yolks; canned peaches, canned apricots, canned pears, and canned cherries.

"Now, the Food Standards Committee of the Department, which includes 2 Department and 4 State food officials, is working on definitions of these additional foods. Consumers who have any ideas on how these foods should be defined, are invited to tell the Committee about them.

"The Committee wants answers to these questions:

- "(1) Do you know what goes into margarine or do you want the label to tell you?
- "(2) How should bread be defined?
- "(3) What belongs in canned fruits for salad and fruit cocktail?

"Write in your suggestions to the Food Standards Committee, Food and Drug Administration, U. S. Department of Agriculture, Washington, D. C."

#### WHAT SIZE DO YOU WEAR?

CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, prints this table for getting the correct size in women's stockings. Compiled by the Montana Experiment Station, it is meant to be a general guide only, since for correct fitting you must keep in mind the width as well as length of the foot.

<u>If You Wear This Size Shoe...</u>	<u>Ask For This Size Stocking</u>
4	8 1/2
4 1/2	8 1/2
5	9
5 1/2	9
6	9 1/2
6 1/2	9 1/2
7	10
7 1/2	10
8	10 1/2
8 1/2	10 1/2

"Remember that hose size simply means the length of the foot in inches. Generally, size of your hose should  
(MORE)





be a half-inch longer than your foot, although women with narrow feet should select a size slightly smaller than would be selected by women with feet of average width."

#### HOW DO YOU COOK YOUR VEGETABLES?

Vegetables that are treated like the step children of the kitchen usually end up second-rate on the dinner table.

"Dropping vegetables in the kettle and just letting them 'cook' is the wrong way to make them tasty and appetizing," informs the Consumers' Counsel Division of the Department of Agriculture. "Vegetables need to be given care and attention if they are not to lose flavor, nourishment, and color.

"First rule to remember is not to overcook vegetables. You want to let them cook until they are tender and edible -- no longer. Use rapidly boiling salted water, but never soda. Soda will keep green vegetables green, but it also ruins the taste, makes the vegetables mushy, and worst of all, destroys the valuable Vitamin C found in most green vegetables."

#### MAKING TOUGH MEAT TENDER

Meat that is easy on the budget may be hard on the appetite unless cooked properly. "The secret of making inexpensive but tough cuts of meat tender is all in the cooking," reports the Consumers' Counsel Division of the Department of Agriculture.

"Generally, the rule to make meat tender is to use long, slow, moist cooking with some liquid. That rule holds for stews, pot roast, Swiss steak, and any number of meat dishes suitable for the less tender cuts. Just the opposite is the method used for the tender meat dishes, such as roasts, steaks, and chops, which are cooked with the dry heat of roasting and broiling.

"Using the acid of fruits or vegetables also helps to make meat tender by softening up the connective tissues. For example, the meat can be cooked with tomatoes, or placed in a mixture of vinegar or lemon juice and oil for several hours before cooking.

"If you're pressed for time, the quickest way to soften up a tough piece of meat is to put it through a meat grinder. Then it can be cooked by broiling or by any one of a number of quick cooking methods. A similar method is to pound the meat, breaking up the connective tissues.

"So decide on what dish you want to make, and then give the meat the proper tenderizing treatment before you route it to stove or oven."





# CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 46

NOTES ON MOTHS



MARCH 18, 1940.

Spring is in the air and with spring comes the annual worry of how to protect the family woollens from the appetite of Mr. Moth.

The Consumers' Counsel Division of the Department of Agriculture passes on two tips on moth control from experts in the Bureau of Entomology and Plant Quarantine.

First, as to whether certain dyes make wool cloth moth-proof: "On some dyed fabrics moths seem unable to mature. But no color has been discovered that is sure proof against moths. However, moths do not thrive on dyed and processed fabrics as well as they do on fabrics in their natural state."

So far as mothproofing solutions are concerned, here is the Bureau's comment: "No solution will absolutely and permanently mothproof fabrics, but some solutions are of great help against moths. The disadvantage of the mothproofing solutions discovered so far is that they are reduced in effectiveness or are removed entirely when materials are washed with soap and water or dry cleaned. Light may also affect them.

"Manufacturers sometimes claim that their blankets and furniture covers are today so well mothproofed that they will withstand washing and dry cleaning for specified periods of time, such as 3 or 5 years, or for 12 dry cleanings, or for 6 launderings. Keep a record of such guarantees and save the dated label, so you are fully protected if moth damage occurs."

More information on moth-control is in the Department of Agriculture Leaflet No. 145, entitled "Clothes Moths." Copies are priced at 5 cents each and can be secured from the Superintendent of Documents, Washington, D. C.

## WATCH FOR ASPARAGUS

March is the month of the year when asparagus from California fields begins to make its appearance on vegetable stands. Here are some buying tips on this healthful and flavorsome vegetable as reported by the Consumers' Counsel Division of the Department of Agriculture.

"Asparagus ages rapidly after it is cut. The fresher the stalks, the tenderer they are. You can tell a fresh stalk by puncturing it with your fingernail; a good stalk is brittle and punctures easily.

"Wilted, old stalks have spread tips. Sometimes you can freshen them up by placing them in cold water, but this probably will not tenderize the stalks much.

"Some people think white asparagus has a milder flavor than the green variety. White stalks are cut when just the tip pokes up through the earth, while with green asparagus the whole stalk is all above ground before it is cut.

"Crooked stalks usually mean that the asparagus will be tough and stringy."

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#### HOW MUCH DOES THE FARMER GET?

When you spend a dollar for food, do you know how much of it goes into farmers' pockets?

CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, says farmers received on the average less than half out of every dollar consumers spent for food during the past 15 years.

Considering 53 different foods, from 1925 to 1929 about 47 cents out of the average food dollar went to the farmers "who produced the raw materials for these foods." The rest went to processors and distributors.

By 1933, farmers were getting 35 cents out of every average food dollar, processors and distributors 65 cents.

In 1938, the farmers' share edged up to an average of 39 cents, and last year stayed at that level, the processors and distributors getting 61 cents.

#### A GOVERNMENT GRADING SERVICE FOR CONSUMER GROUPS

Here's good news for consumer-buying clubs and cooperatives who want to know how their canned goods purchases measure up to Government quality standards.

CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, reports that the schedule of fees for grading of canned fruits and vegetables has been revised so that consumers can use the service, too.

"The Agricultural Marketing Service, which does the grading, reduced its charges in response to consumer requests," writes the GUIDE. "Formerly the minimum charge for grading was \$1.00, restricting the service almost wholly to commercial interests. Now consumers may submit one can of food and get it graded for as little as 35 cents.

"The service is not much use to consumers who buy a can of something at a time. It can be very useful, however, to consumers in buying clubs or in cooperatives who pool their purchases and buy in lots of several cases.

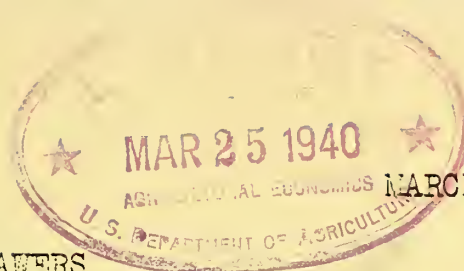
"For example, a buying club purchasing a lot of a certain brand of canned peas wouldn't have to rely on guesswork when it came to judging quality. A sample can could be purchased and mailed to the Agricultural Marketing Service, Department of Agriculture, Washington, D. C., to be graded according to Federal standards.

"Of course, if canners voluntarily graded their goods by Government standards consumers wouldn't have to put themselves to all that trouble. Then they would know what quality they were getting."





VOLUME II, NUMBER 47



MARCH 25, 1940.

## REMEDY FOR STICKING DRAWERS

Experts in the Forest Service, U. S. Department of Agriculture, have come to the rescue of housewives bothered by sticking bureau drawers, reports the Consumers' Counsel Division of the Department.

The reason drawers stick in spring and summer, say the experts, is because wood swells in a damp atmosphere, and shrinks in dry air. When the house is heated, the air is dry, and you have no bureau troubles. But as soon as warm damp weather sets in, the drawers begin to swell.

The ideal remedy would be a waterproof coating for the drawers. But since no such finish has been discovered, the experts say you can help matters by doing this: Get a pan of spar varnish and apply it to all sides of the drawers, top, bottom, inside, and out. That way you partly insulate the wood against moisture, and help prevent swelling of the wood."

## POINTERS ON GAS RANGES

Decide on what size stove you need before you buy a gas range, advises the Consumers' Counsel Division of the Department of Agriculture, passing on some information gathered by experts in the Bureau of Home Economics.

"There are 3 types of ranges: the cabinet type with the oven slightly elevated at one side above the burners; the table-top type, in which the top surface is at table height; and the cooker or apartment house type, which has 3 or 4 burners with the oven below. Ranges built to the floor are pleasing in appearance, but unless there is a removable front panel, you will find that dust and dirt will accumulate beneath the stove.

"When you select a stove, ask yourself whether the oven is conveniently placed and is large enough to serve your baking needs. Look for adjustable racks that can be spaced for different sized pans. If you plan to do a lot of baking, you may want to buy an 18 inch wide oven. Ovens usually come in 14-16-18 inch widths.

"The same points of location and adequate size hold for the broiler. The broiler pan should provide for quick drainage of fat from the heat of the direct flame to prevent overheating and smoking. Be sure the upper pan or rack is so designed that small pieces of food such as sausage or vegetables can not slip through to the pan below.

"Burners should be placed so that there is no danger of burning the hand when using more than one of them. The number of burners should be determined by the size of your family, and the kind and amount of cooking you plan to do.

"Spacing of the burners is important because you may want to place two or more large pans on the stove at one

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time. If the burners are too close together you will not be able to place pans over the center of the burners as should be done.

"No quality standards have been set up for construction of gas ranges, but ranges having the seal of approval of the American Gas Association meet the minimum standards of safety required by a committee including several government agencies.

"Write the Bureau of Home Economics, Washington, D. C., for its free bulletin, 'Points to Look for in Selecting the Gas Range,' if you want more information."

#### EGGS ON THE MARKET

Health bargains in eggs are greatest in the spring. That's when fresh eggs are cheapest, according to the Consumers' Counsel Division of the Department of Agriculture.

"Even when egg prices are not especially low, eggs are often good buys from the point of contributing to good health," informs the Counsel. Because of their building properties, eggs are an especially valuable food for growing children right through the 'teen years. Nutritionists list them as a protective food because of their high mineral and vitamin content.

"Buy eggs by Government grade if you want to be sure of quality for your money. Good food for all uses are U. S. Extras (Grade A), and for some uses Grade B or U. S. Standard eggs. Those graded U. S. Special are more expensive, and are not found in most consumer markets. Eggs graded U. S. Trade are suitable for cooking where delicacy of flavor is not so important -- but remember eggs in all 4 of these grades are clean, sound, and wholesome.

"The grade on the carton indicates their condition when they were graded -- not at the time of sale. To be sure you are getting absolutely fresh eggs, look for the date of grading stamped on the label.

"Put the eggs in the refrigerator as soon as you can get them home. If the shells are dirty, wipe them with a damp cloth -- but don't wash them, because this removes the protective film on the egg shell. There is also a hint on beating of egg whites. For best results let the eggs heat up to room temperature before you break them and start to beat."



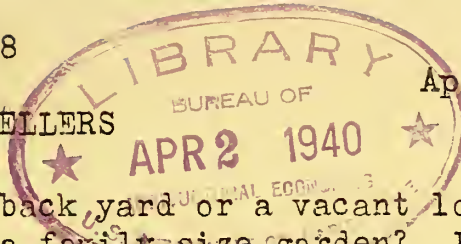


# • CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 48

GARDENS FOR CITY DWELLERS



April 1, 1940

Do you have a back yard or a vacant lot next door that you can use for a family-size garden? If you do have a plot of land to till, you can go a long way toward building up your family diet and cutting down on your food budget.

The Consumers' Counsel Division and the Bureau of Plant Industry of the Department of Agriculture bring these hints to city dwellers who would like to go in for a bit of outdoor exercise and a small-scale vegetable garden this year:

"First, be sure that the sun shines at least 5 hours each bright day on your land. Gardens planted under or near large trees that use up all the moisture and plant food are doomed to failure from the start. Shade from buildings is less objectionable but your crops must have sunshine.

"Second, ground completely filled with cinders or trash or made up very largely of stones or gravel is useless so far as growing a good garden is concerned. A good rule is to observe the growth of weeds on the land; if there is a good crop of weeds, vegetables will grow too.

"Third, if possible choose a plot of land that is level or gently sloping toward the south or southeast. Be sure the drainage is good, but not so steep as to wash off the top soil during rains. Unsatisfactory is land in a pocket where it will be flooded by drainage water from higher land. An ideal garden soil is deep, dark sandy loam, which should break up easily when spaded.

"Fourth, buy only the highest quality seeds and plants. If you have seeds left over from your first planting, store them in a cool, dry place until needed for later planting, but always look with suspicion on seeds left over from last year.

"More advice for urbanite gardeners is in Farmers' Bulletin 1044, "The City Home Garden." You can get a copy by writing the Department of Agriculture, Washington, D. C."

## CLEANING LEATHER UPHOLSTERY

The best way to clean leather upholstery is not by using oil or furniture polish--but just a good suds of soap and water.

That's the advice of the Bureau of Home Economics.

"Make a thick suds of mild neutral soap, using as little water as possible," say these experts.

"Then go over the leather with the suds, wiping off every trace of soap with a damp cloth. The last step is to dry and polish the surface with a soft dry cloth.

"Remember never to use furniture polish, furniture oil, or varnish on leather. The danger with these is that many contain solvents which will soften the finish on the leather and make it sticky."

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## COSMETICS COME UNDER THE LAW

Three weeks after the new Food, Drug, and Cosmetic Act went into effect, Federal officials seized a shipment of sight-destroying eyelash dyes. In short order they followed up this action with seizure of skin-bleaching compounds, lipsticks, and a mole remover all found to be dangerous or poisonous to use, reports the Consumers Counsel Division of the Department of Agriculture.

"Since that time the Food and Drug Administration has continued its work for the protection of the woman at the cosmetic counter. For the first time in its history, it now has power to extend its regulations to cover cosmetics, as well as food, drugs, and devices.

"Cosmetics containing injurious ingredients, filthy or decomposed materials, or those produced under unsanitary conditions are liable to seizure. Even when the cosmetic container is made of a substance that might be injurious to the user--such as lead--the product can be seized and barred from the market.

"Coal-tar colors, when used in all cosmetics except hair-dyes, must be certified according to legal regulations. On hair-dyes, labels must bear this warning in a conspicuous place if they contain coal tar: 'Caution--This product contains ingredients which may cause skin irritation on certain individuals, and a preliminary test according to accompanying directions should first be made. This product must not be used for dyeing the eyelashes or eyebrows; to do so may cause blindness.'

"Labels of cosmetics must give the name and address of the maker; they must list the net contents; they must not make statements which mislead the consumer.

"Last, but no less important, cosmetic containers that are formed, made, or filled to be misleading (such as false-bottom powder containers) can be seized by Federal officials."





# CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 49

APR 5 1940

APRIL 8, 1940.

## DO YOU READ LABELS CRITICALLY?

Foods that come to you labeled as cure-alls or miraculous concentrates of health and energy usually fail to live up to their boasts.

The Consumers' Counsel Division of the Department of Agriculture, quoting facts from the Department's yearbook, points out the dangers of being taken in by false claims about "health foods."

"Don't believe all you read about a 'perfectly balanced food' or 'energy food,' or 'health concentrate.' There is no such thing as any single food that can give you a well-balanced diet. Only a well-planned diet of several foods can do that.

"Energy foods--such as sugar, starch, and fat--contain lots of calories but do not necessarily give you needed vitality, strength, and pep. Balance these with foods like green vegetables, eggs, milk, meat.

"Don't be fooled by the words 'acid, acidosis, acid stomach, or acid system' put in big letters in an ad or on a label. Acidosis is a rather rare condition of the blood. Normally healthy persons can count on their own system taking care of excess acid or excess alkali.

"Every normal stomach is 'acid.' That helps digest food properly. When there is too little or too much stomach acid, you should see your doctor. Don't rely on a new strange diet, some digestive remedy, or 'a relief for acid stomach.'

"Likewise, look with suspicion on any one food or diet claimed by quacks to cure arthritis, kidney trouble, high blood pressure, or other chronic diseases.

"If you like food combinations--like protein and starch, or fish and milk, or cherries and milk--then eat them. Nutritionists have found no evidence that there is any such thing as a wrong combination of good foods.

"Your best key to health is a well-balanced diet of good, nutritious foods. If you want to know how to get a proper diet, write the Department of Agriculture, Washington, D. C., for its bulletin, 'Food to Fit the Family Income.'"

## REMOVING SPOTS FROM TABLES

If the surface on your dining room table is getting white and hazy in spots it may be that the shellac finish has been spotted by water.

"One disadvantage of shellac is that it will water-spot," declares the Consumers' Counsel Division of the Department of Agriculture. "Experts in the Forest Service say that you can often remove spots on shellac by rubbing them lightly with a soft cloth moistened in a mixture of half water and half denatured alcohol. Sometimes rubbing the spots with spirits of camphor will remove them.

"If you must refinish the table, an oil finish is best--particularly for a surface that may be easily scratched or spotted by water or hot dishes. Complete directions for doing the job well and thoroughly can be secured free by writing the Forest Service, Department of Agriculture, Washington, D. C."





April 8, 1940.

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## BRIGHTENING UP YOUR WALLS

Top of the list on any Spring cleaning schedule is cleaning up the walls. CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, brings these hints on doing the job well:

"Walls--papered or painted--should be dusted regularly and completely if dirt is not to become imbedded in the finish almost beyond hope of removal. A soft duster is best. It doesn't scratch and it gathers up the dust quicker than a broom or stiff-bristle brush. A long-handled soft hair brush will do the job. Just as good is an outing flannel bag on a broom. Wool brushes are expensive and they require a great deal of care to keep clean. If you use a soft cloth or cotton, rotate the wiping surface; then you won't be rubbing on more dirt than you take off.

"Take particular care with wall paper. Hard rubbing can easily mar or injure it. A very even stroke with little pressure won't blur the pattern or spot the paper.

"For cleaning papered walls, use water and a mild soap only if the paper is guaranteed washable. And the less water you use, the better. Commercial pastes and powders on the market are also fairly successful in cleaning wall paper if directions are followed to the letter.

"Washable paints should be cleaned with a mild soap solution, rinsed, and dried. Coarse scouring powder or a strong laundry soap have no place in cleaning most painted walls. They may make white paints yellow, and can ruin colored paints.

"Write the Bureau of Home Economics, Washington, D. C., if you want more information on cleaning walls."

### NOTE TO WESTERN EDITORS:

"Consumer Time," weekly radio program for consumers, is now being broadcast on the western hook-up of the National Broadcasting Company. The program, sponsored jointly by the General Federation of Women's Clubs and the Consumers' Counsel Division of the AAA, goes on the air at 10:30 a.m. Pacific Standard Time, over the Red Network of the NBC.

Featured on the broadcast is buying information for consumers, news of developments affecting consumers in Government bureaus and laboratories, and a weekly statement by Donald E. Montgomery on matters of general consumer interest.

Frequently new government bulletins intended for consumers are described in the broadcast and listeners informed on how to get copies.

The broadcast has been a sustaining program of the National Broadcasting Company for the past 6 and a half years.

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## DEFINITION OF A CANNED PEACH

If canners of peaches observe the law, consumers will now be able to tell from the label what kind of peaches they are buying; in what form and kind of liquid they have been packed; what, if anything, has been used to flavor them; whether the can is properly filled, and whether the peaches measure up to a minimum legal quality standard.

"Those are the main points of the definition of canned peaches just issued by the Food and Drug Administration, Department of Agriculture," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

"Intended to promote honesty and fair dealings, the regulation says, first, canned peaches must be prepared from mature white or yellow freestone or clingstone peaches. They can be packed whole, either peeled or unpeeled; or they may be pitted, and packed as halves, quarters, slices, diced fruit, or in pieces of irregular size or shape.

"The label must specify in what form the peaches are packed and whether they are in light, medium heavy or extra heavy syrup, or in water or peach juice. Sucrose, dextrose, or a mixture of both may be used for sweetening so long as the sweetness specification is met.

"If spices, vinegar, flavoring, peach pits, or peach kernels are added, the label must say so.

"Consumers are protected from partly filled cans of peaches. If the can contains less than the maximum amount possible, it must be labeled 'Below Standard in Fill.'

"Peaches that fail to measure up to a minimum standard of quality--such as those that are broken, crushed or undersized--must be labeled to show in what respect they are sub-standard.

"The law does not require that peaches above this minimum standard be grade labeled."

## BREWING A POT OF COFFEE

Is your morning cup of coffee not all it should be in flavor? Here are some tips to follow if you want to improve on your coffee making, suggested by the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"First, the coffee pot must be immaculately clean, despite the labor-saving myth to the effect that rinsing is enough for a coffee pot.

"Second, measure the coffee and water carefully, and once you have found the combination which suits your palate, stick to it.

"Third, never boil coffee. Boiling drives off the

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aroma and spoils the flavor. The longer coffee boils the more bitter and less fragrant it becomes. Properly made 'boiled' coffee is really steeped, that is, the boiling water is poured over the coffee and kept hot--but not by boiling--until the desired flavor is obtained.

"Experts say the best way to make coffee is by the drip method, a method in which water that has been heated to the boiling point is poured or permitted to drip over finely ground coffee. Something else to recommend this method is the fact that it produces a better brew with less coffee."

#### THE DISTRIBUTOR'S SHARE

Last year the farmer got about 40 cents out of every dollar that consumers spent for food. The remaining 60 cents went to the people who transport, process, and distribute agricultural products, reports the Consumers' Counsel Division of the Department of Agriculture.

Describing the work of the distributor, the Counsel quotes a recent publication of the Agricultural Adjustment Administration: "The distributor bridges the distance between the farm and the dinner table. Sometimes this distance is in miles and sometimes it is in the form of special service. The distributor reaches 'hands across' both distances to give us an essential service..."

"The consumer, of course, pays for this service. But when the consumer buys food he should know what part of his dollar goes to the farmer for the raw food, what part to others for the transportation, processing, and distributing services which bring it to the table in form to use.

"For instance, the housewife should know that today when she serves an 8-cent 1-pound loaf of sliced bread wrapped in waxed paper, her family eats about 1-1/3 cents' worth of wheat, and somewhat less than 7 cents' worth of transportation, labor, baking, paper, and other materials and services... In other words, had the farmer not been paid anything for his wheat in 1939, the cost of a pound loaf of bread to the consumer would have been only 1 cent less.

"What the consumer wants is abundance at all times without the skyrocketing prices of scarcity. What the farmer wants, and must have in order to conserve the soil and buy the products of the city, is a fair and stable income."





# CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 51



April 22, 1940

IF NEW YORK'S ARTERIES WERE CUT.

What would happen if New York should suddenly find itself cut off from all its sources of foods?

CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, sent a reporter one day last summer to find the answer. This is what he found!

"If such a disaster should have occurred on a day in June, it would have left only one day's supply of milk in the city.

"Menus on the following day would have included all the fruits and vegetables that arrived in the city the preceding evening: apples, bananas, carrots, cucumbers, lettuce, onions, potatoes, tomatoes, grapefruit, oranges, peaches, watermelons, plantains, and pineapples. By the end of the day, supplies of avocados, artichokes, lima beans, snap beans, beets, broccoli, cabbage, celery, parsley, apricots, and plums would have been exhausted.

"From cold storage plants would have come a few days' supplies of berries, cherries, asparagus, beans, and spinach.

"By the end of the week practically all fresh fruits and vegetables would have disappeared except potatoes, pineapples, and bananas.

"Poultry supplies would have lasted 3 weeks.

"There would have been bread for a month, but as all the important ingredients except flour ran out, the bread would have been debased in quality until it disappeared altogether.

"After 2 weeks there would have been little left except canned fruits and vegetables and black coffee."

Commenting on this imaginary catastrophe, the CONSUMERS' GUIDE remarks: "This rapid shrinking of available foods would be only one-half of the calamity. If New York lost its food supplies, the food suppliers would lose their largest market. A half-million farmers and farm workers who work full time to feed and clothe New York would have become suddenly unemployed. Farm and city worker alike would learn through such an experience how dependent they are on each other."

## CLEANING AN ENAMEL-COATED STOVE

If you have an enamel-coated gas or electric stove, wipe it off after each cooking, and give it a very careful cleaning every week.

"That's the advice of the Bureau of Home Economics," declares the Consumers' Counsel Division of the Department of Agriculture. "Following these rules prevents the stove from being caked with soot and grease.

"Use a cloth wrung out of soapy water. Never wipe the stove with a cold wet cloth when the stove is still hot; this may cause the enamel to crack.





"Wipe up immediately any food that boils over, and you will save yourself the job of scouring which roughens the enamel and metal trim. Detachable parts of the stove should be removed once a week and cleaned. Stubborn spots can be removed with trisodium phosphate. If you must scour, use a very fine scourer like feldspar."

#### SKIM MILK IS RICH, TOO

Rich milk to most people means milk that's rich in fat, while skim milk means to those same people milk that is anything but rich.

"That is a food fallacy that doesn't stand up under scientific analysis," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Skim milk is anything but poor. Dietitians know that it is just as rich as whole milk in protein and in much needed minerals. In fact it has all important nutrients of whole milk except fat and Vitamins A and D.

"Because people don't prize it, not enough skim milk reaches human beings, many of whom could afford it while they cannot afford to buy whole milk. Thus consumers and farmers both lose out. Consumers lose out on an important and economical source of dietary wealth, and farmers lose out on a market for an intrinsically valuable product."

#### IS THE EGG HARD-BOILED?

If a dark rather greenish ring forms around the yolk when you cook hard-boiled eggs, try cooking them below the boiling point and then, as soon as they are done, putting them in cold water.

That, according to the Bureau of Home Economics, will do away with the unappetizing-looking ring, reports the Consumers' Counsel Division of the Department of Agriculture. Also, it's good to remember that hard-cooked eggs are better than hard-boiled ones.

Because the shell of the egg sticks to the white, it is no sign the egg is fresh. Bureau of Home Economics experts tested this theory with fresh, storage, and old eggs, and found it didn't hold up. The best guarantee of fresh eggs is to buy those that are government-graded with the date of grading stamped on the label.



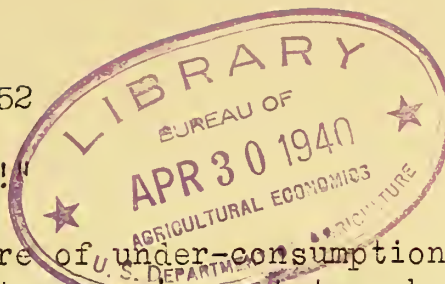


# CONSUMER NOTES

P SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME II, NUMBER 52

"LET'S WIPE IT OUT!"



APRIL 29, 1940.

"The nightmare of under-consumption is the black plague of the 20th century; we've got to make up our minds to wipe it out -- with a vengeance. Only one thing can stop us and that's a mental sitdown strike -- a kind of smug 19th century faith that things will work themselves out if only we don't do anything about it."

So writes Milo Perkins, President of the Federal Surplus Commodities Corporation, U.S. Department of Agriculture, in discussing the effects of industrial unemployment on consumption. Mr. Perkins' article, "Let's Wipe It Out!", appears in the current issue of the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"The term 'surpluses' is simply a smug polite name for a shocking amount of under-consumption," says Mr. Perkins. "During last December, we virtually reached the 1929 level of industrial production, and yet some 10 millions of the unemployed were still with us. No intelligent person can look those figures in the face and reach the conclusion that the unemployment problem is going to solve itself...

"Henceforth, we must concentrate on efficient and business-like methods of increasing domestic consumption no matter how much violence it may do to some of our pre-conceived notions. We know how to produce almost anything -- but we haven't learned how to distribute such things to the jobless who ask only the chance to work for them...

"We can have full employment in this country within a few years, but we've got to fight for it. If we slash out at under-consumption within our own country as we would at a foreign enemy, individual initiative and free enterprise will come into their own as they never have before. That's the only way in which we can be sure of their continuance. That's the only way I know of to assure a 19th century chance of opportunity to youngsters who are growing up to run the 20th century."

## BE SURE IT'S COLORFAST

It's old-fashioned and useless to try to set modern dyes on cotton dress goods with salt or vinegar, reports the Consumers' Counsel Division of the Department of Agriculture.

"If the color is going to run or fade, there isn't much you can do about it in the way of home treatment," declares the Counsel. Washing the fabric quickly in lukewarm water with a mild soap is the best way to prevent running and fading in cotton.

"Better still, when you buy, ask for fabrics that are guaranteed against fading. Look for labels with the guarantee, 'Fast to washing and to sunlight.'"

(MORE)





## WHEAT CONSUMERS WANT

A group of students employed on a National Youth Administration project in Chicago recently asked 10,000 housewives whether they were "in favor of standard-sized cans for canned foods."

"A majority, 5,761, indicated that they did want standard-sized cans," reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "Approximately 36 percent 3,670, weren't interested in standard cans, while 894 consumers, 9 percent, didn't think the question important."

"The Chicago housewives were also asked whether they wanted labels on all goods to indicate quality, so that they could know what they bought. Forty-one percent, or 4,184 consumers, said yes. Twelve percent --1,210--said it wasn't important. The remainder, 47 percent of those questioned, replied they weren't interested."

"Consumers can use market surveys for their own purposes. From them they may learn how they go about buying, and from that information they can proceed to find out how they can improve their buying practices. Consumers themselves can conduct these market surveys themselves on a small scale. They make interesting projects for consumer or union study groups, and they throw light, sometimes, on queer buying quirks consumers never suspect themselves of having."

"If you want to know more about labels, and container sizes of canned goods, write the Consumers' Counsel Division, Department of Agriculture, Washington, D. C."

## WHEAT IS A CORD OF WOOD?

Buying wood by the cord may or may not get you the same quantity each time you make a purchase, points out the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"There is no legal standard which holds throughout the United States defining a cord of wood."

"Federal statutes governing the purchase of wood by the Government define a cord as measuring 128 cubic feet. But no Federal statute defines a cord for commercial purchases."

"Some States, counties, and cities, nevertheless, lay down the law on cords of wood. Where they agree with the definition suggested by the National Bureau of Standards in its model weights and measures statute, they require a cord to be 128 cubic feet. At least 2 States -- Minnesota and North Dakota -- vary the dimension for sawed and split wood."

"Where there is no legal standard, the custom sometimes is to trade in 'face cords.' A face cord is a pile of wood 4 feet high, 8 feet long, but the depth depends on the thickness of the wood."

"Check on your local laws to see whether there is a legal definition for a cord of wood."

